

## Preparing for your IVP (Intravenous Pyelogram)

For Patients with Normal Kidney Function

### You will need to...

- Follow these directions exactly and take the laxative medications, food and liquids at the times shown. You may drink plain water, clear fruit juice (such as apple, cranberry or grape), tea or coffee without milk or cream. Drink as much clear fluids as you would like to help you feel full. The goal of this prep is to decrease, if not eliminate bowel gas and matter to better visualize your urinary system.
- Purchase each of the following items from your drugstore:
  - Magnesium Citrate- one 10oz. Bottle
  - Bisacodyl (Dulcolax)- three 5mgm tablets

**NOTE:** This preparation is NOT to be used by patients with suspected intestinal obstruction.

**NOTE:** For those patients with known active colitis or excessive diarrhea (10 or more stools daily), delete Bisacodyl tablets, item #2 above, but follow the rest of the procedure.

**Directions- Check as completed and bring this form with you.**

### On the day before your procedure:

- 8:00am Breakfast- liquid only meal
- 10:00am Drink 8oz of clear liquids
- 12:00pm Lunch- liquid only meal
- 2:00pm Drink at least 8oz of clear liquids
- 4:00pm Drink one full refrigerated bottle of Magnesium Citrate.
- 6:00pm Dinner- liquid meal only. **NO SOLIDS. NO DAIRY PRODUCTS.**
- 7:00pm Take 3 Bisacodyl tablets with at least 8oz of clear liquids.
- 9:00pm Drink at least 8oz of clear liquids.
- Bedtime Drink at least 8oz of clear liquids.

### On the morning of your procedure:

- 7:00am Breakfast- liquid only meal. Drink at least 8oz of clear liquids.  
May have coffee or tea without cream or milk.

- Arrive 15 minutes before your scheduled exam time to fill out paperwork.

### What to expect...

- After check-in, you will be taken to a dressing booth to change into a gown. A registered technologist will then review your medical history and go over any questions that you may have.
- A small catheter will be placed in your vein and contrast will be injected so that we may evaluate your kidneys, ureters, and bladder. The contrast media will make you feel warm, and may even produce a funny taste in your mouth, often described as metallic taste.

- This is a timed procedure meaning pictures are taken at scheduled intervals based on your progression. An IVP takes approximately 45 minutes to complete but can take longer depending on your anatomy and symptoms.
- Once the examination is complete, the technologist will ask you to go to the restroom and empty your bladder. A final film is taken of the bladder area to see how well your bladder empties.

### **\*Important Information About Contrast Media**

If you are allergic to iodine, x-ray dye, or have a history of sickle cell anemia, multiple myeloma (a bone cancer) or pheochromocytomas (tumors associated with high blood pressure), you may not be a candidate for this exam. You will need to alert your referring physician immediately. A detailed medication list has been provided to your doctor listing medications that are contraindicated in iodinated contrast examinations.

**Patients who are diabetics**, and take an oral diabetes medication, Metformin, which is also listed as Glucophage, Glucovance, Metaglyp or Avandamet, will be required to suspend taking their medication as of the day of the exam, and 48 hours to follow. Patients will need to contact their physician as to which medication should be substituted.

### **After the procedure...**

- Resume your normal diet and activities. Be sure to drink at least four 8-ounce glasses of water or juice to help your kidneys filter out the contrast that was used.

If you have any questions or concerns, please don't hesitate to call an x-ray technologist to assist you at 434-237-4004.

Appointment date: \_\_\_\_\_ Arrival time: \_\_\_\_\_